

IELTS reading passage - Educating psyche

Educating psyche

Educating psyche is the book that was written by Bernie Neville which talks about a different approach of learning, describes the emotional effect, imagination and unconscious learning. In this book there is one theory that is suggested by George Lozanov which is related to the power of suggestion.

Lozanov technique is about the connections that the brain creates through unconscious and conscious processing. He states that with the evidence that the unconscious processing is more lasting than conscious processing. Other than laboratory evidence our real-time experiences also show that we will forget what we learn afterwards but we remember the unimportant information. Let's say if we recall the book we studied some months ago, other than lessons we tend to remember the unimportant details such as colour, font style, table we sat. When it comes to lectures which we've listened to with utmost concentration, the lectures' mannerisms, our seating in the class will be more recallable than the things that we learned. Even though these details are difficult to remember, it comes in hypnosis or when we relive it imaginarily as in psychodrama but the details of the lecture will look like it has gone forever.

This method is partly related to the basic counterproductive study approach such as putting efforts to memorise, tensing muscles, and inducing fatigue, but it also reflects the functionality of the brain. Hence, Lozanov indirectly creates instructions for his teaching system. The method he discovered named suggestopedia says that consciousness will shift from curriculum to peripheral things. And in the long-term curriculum turns peripheral and it becomes the reserve capacity of the brain.

In foreign language learning, this suggestopedic approach is provided with an illustration. In 1980 which is the recent variant that consists of reading vocabulary and text when the class is listening to music. The first session is carried out in two parts. The first part is a classical music (Mozart, Beethoven, Brahms) session where the teacher reads the text slowly to the

dynamics of the music and the students follow the text from the book. This will happen for several minutes in complete silence. The second part will be listening to baroque music (Bach, Corelli, Handel) where the teacher reads the text in the general speaking tone. In this session their books will be closed and in the whole session they concentrate only on the music, not to learn the material.

At the beginning, students got prepared to gain the experience from the language learning. In the meeting with the staff and by hearing from the satisfied students they expect that it will be easy to learn and they will be able to learn hundreds of foreign language words during the class. The preliminary speech was held by the teacher where they introduced the learning material that needs to be covered instead of teaching it. And also, the students are instructed not to learn in that introduction part.

After some hours of the second part session, there is a follow-up class where the students need to recall the given material. This approach is also made indirect. In this, students will not focus on remembering the vocabulary but instead focus on communicating with the language (for instance, via games and dramatisation). These methods are unusual in language teaching. The difference in the suggestopedic method is that they are completely related in recalling. While listening to music, the learning is done without any effort and automatically with the given material. The method of teacher's way is done to make students apply their paraconscious learnings and by doing that they can easily access their consciousness. The other difference between conventional teaching and suggestopedic methods is that students can learn a thousand new foreign language words with the grammar and idioms.

With the experiment of teaching, Lozanov made a direct suggestion which happens during sleep, hypnosis and trance states, but found that these techniques are unnecessary. Hypnosis, yoga, silva mind-control, religious ceremonies and faith healing are associated with successful suggestions, but these techniques are not essential to it. These rituals are meant as placebos. Lozanov acknowledges that the ritual surrounding suggestion is also a placebo in his system, but without the placebo people it is unable to gain the reserve capacity of the brains. Like any placebo, to be effective it needs to be provided with authority. Just as a doctor who made the full power of autocratic suggestion by insisting the patient take the white capsule before meals and three times a day precisely. Lozanov is categorical in insisting

the suggestopedic session which is exactly done in the designated manner by the trained and accredited teachers of suggestopedic method.

While the suggestopedic method has gained popularity by the success of modern language teaching, some teachers are trying to perform better and produce spectacular results as Lozanov and his associates. We might believe mediocre results to an inadequate placebo effect. The proper mindset was not developed by the students and they were often unmotivated to learn by this method. They don't have faith in this method and they don't see this as a real teaching method. Particularly, it doesn't involve the work they need to believe which is much needed in learning.

Educating psyche IELTS reading questions

Questions (1-4)

Choose the correct letter, **A, B, C** or **D**.

01. Educating psyche book provides the

- a. Power of suggestion
- b. Emotional effect
- c. New approach of learning
- d. Imagination and unconsciousness

02. Lozanov's theory say that trying to remember things leads to

- a. Not focusing on the unimportant data
- b. Concentration will be less but the results will be high
- c. Facts can be easily remembered
- d. Recalling peripheral details

03. The writer have used the example of lecture and book to describe

- a. Improving concentration is the main theme for both these
- b. The theory explained about the learning method is valid
- c. For learning, reading is better strategy than listening
- d. By hypnosis, remembering things will be made easier

04. Lozanov mentions that teachers need to train students by

- a. Information in the curriculum needs to be memorised
- b. Indirect instruction needs to be developed
- c. Rather than curriculum details focus on other
- d. Overloading the capacity of the brain needs to be avoided.

Questions (5-10)

Do the following statements match the information with the passage?

Write

TRUE if the statement agrees with the views of the writer

FALSE if the statement contradicts the views of the writer

NOT GIVEN if it is impossible to say what the writer thinks about this

- 5. The fourth paragraph of the passage mentions the suggestopedia teaching example which states that music is the only variable.
- 6. Before the start of the suggestopedia class, students get to know that the language experience is in demand.
- 7. The teaching activities used in the follow-ups are similar to the conventional class.
- 8. Students find improvements in the memory as an indirect benefit
- 9. Teachers said that they prefer suggestopedia to traditional approaches and language teaching.
- 10. Students taking suggestopedia class learn new vocabulary than in general classes.

Questions (11-14)

Complete the summary below

Choose **NO MORE THAN TWO WORDS AND/OR A NUMBER** from the passage for each answer.

The less direct method of suggestion is used in the suggestopedia than other methods such as hypnosis. But, Lozanov states that some amount of _____ **11** is needed to convince students even if it is a _____ **12**. If it is to gain success, then the teachers need to follow some procedures. However, Lozanov's method became _____ **13**. Using the method many teachers have shown _____ **14** results.